



The folks behind Thug Kitchen have issued a wake-up call to America. They tell us that the average American eats 270 pounds of meat annually, more than twice the recommended protein allowance. It makes us four times more likely to die of cancer – and 74% more likely die of any cause – than a whole foods plant based diet. They also claim that we spend 42% of food budget outside the home, where who-knows-what ingredients/chemicals find their way into our bodies.

The Thug Kitchen Cookbook is an invitation to elevate our nutrition and kitchen game. The authors want eat more fresh fruits, vegetables, and whole grains, prepare our own food, and have a bit of fun while we're at it. And just in case you think that only high-brow, elitist snobs or hopelessly earthy granola types eat this stuff, Thug Kitchen chefs have the tattoos and potty mouths to change your mind.

It's a good cookbook if you're just starting out with this style of eating. The authors help you stock up on supplies (staples, herbs, spices) and equipment. They provide cooking basics for beans and grains, and the recipes are easy to follow. They also provide these words of wisdom:

- Read the recipe all the way through so that you can be prepared for what you'll be asked to do. It saves a lot of stress mid-cooking.
- Pay close attention to required quantities. To that I'd add: Go easy on hot sauces, cayenne pepper, etc. You can always add some heat; you can't take it away!
- Change the recipe to suit you. Just don't add weird ingredients or leave out major ones.

As this cookbook was our tenth exploration, we did not feel the need to make every recipe in the book. We opted out of desserts as well as most of the bread- and pasta-based dishes. We also passed on several been-there, done-that recipes. The remaining options proved to be some of the best recipes we've tasted on our cooking adventure. We will *definitely* make them again!

Breakfast

It was nice changing things up a bit for breakfast. The Basic Maple Granola is very good and quite easy to make. The Breakfast Greens and Tofu Scramble Tacos work well for starting the day or ending with a light dinner.



Quinoa Oatmeal



Mixed Veggie and Tofu Chilaquiles



Basic Maple Granola



Breakfast Greens



Tofu Scramble Tacos



Brown Rice with Edamame



Cornmeal Pancakes with
Strawberry Syrup



To-Go Breakfast Bars



Oat Flour and Griddle Cakes



Fruit Salad Smoothie

Salads and Mini Meals

There are lots of good options for sides and snacks here. Though not pictured, Thug Kitchen provides three recipes for tofu marinades that are quite good (Ginger-Sesame, Smoky Maple, and Sweet Citrus). We've used them several times to flavor crumbled tofu and then stir-fry the whole mixture with braised greens. The result is really healthy and really delicious.



Spiced Chickpea Wraps with Tahini Dressing



Moroccan Spiced Couscous



Roasted Broccoli and Millet Pilaf



Lemon Mint Quinoa



Roasted Potato Salad with Fresh Herbs



Braised Winter Cabbage



Roasted Beet and Quinoa Salad



Barley-Stuffed Peppers



Sweet Corn and Green Chili Baked Flautas



Apple Baked Beans



Creamy Peanut Slaw



Yellow Split Pea and Green Onion Lettuce Wraps



Wilted Greens



Baked Spanish Rice

Soups and Stews

The Pozole Rojo is the most flavorful way I've found to prepare tempeh to date. *A great recipe!* The Minestrone Soup and Tortilla Soup get honorable mentions.



Lemony Lentil Soup



Pozole Rojo



Minestrone



Summer Squash Soup



Pumpkin Chili



Tortilla Soup

The Munchies

Quite a few taste treats here for cocktail hour. Our latest Zoom call drew quite a bit of interest in the Roasted Sriracha Cauliflower Bites with Peanut Dipping Sauce.



Cumin-Spiced Pinto Bean Dip



Creamy Black Bean and Cilantro Dip



Baked Zucchini Chips



Spicy Pickled Carrots



Quick Pickled Cucumbers and Onions



Pine-Apple Guacamole



Roasted Sriracha Cauliflower Bites
with Peanut Dipping Sauce



Watermelon Hibiscus Coolers



Ginger-Lime Sparklers

Burritos, Bowls, and Other Meals

The Lentil Tacos with Carrot-Jicama Slaw and Sweet Potato, Squash, and Black Bean Enchiladas have already found their places in our regular rotation of favorites. *Delish!*



Black Bean Torta with
Coconut Chipotle Mayo



Lentil Tacos with
Carrot-Jicama Slaw



Vegetable Pad Thai



Sweet Potato, Squash, and Black
Bean Enchilada



Mango Curry



Roasted Chickpea and Broccoli
Burrito



Quick Lime and Cilantro Slaw



Tempeh Peanut Noodles with
Blanched Kale



BBQ Bean Burritos with
Grilled Peach Salsa